

Survival of the Fittest

According to Darwin, “...It is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt...to the changing environment in which it finds itself...”

Dr. Leon Megginson

LSU School of Business Administration 1963

“In Case Of Emergency, Put Your Own Oxygen Mask On First, Then Put On Your Child’s.”

You hear that message every time you fly. That message rings true as a metaphor for special needs parenting. **Take care of yourself so that you can be there for your child.**



<https://www.youtube.com/watch?v=3yQj-Mscn7k>

<https://www.youtube.com/watch?v=a5WgPKHxYFE>

How Do I Decide If It Is Safe To Send My Child To School?

https://www.dds.ca.gov/wp-content/uploads/2020/07/Ohio_RiskBenefit_Example.pdf

ADDITIONAL RESOURCES

Checklist of Cognitive Distortions

<https://arfamiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>

Centers for Disease and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

Supporting Families During Covid-19

<https://childmind.org/coping-during-covid-19-resources-for-parents/#self>